

Table of Contents

ACKNOWLEDGEMENTS.....	iii
ACRONYMS.....	v
GLOSSARY.....	vi
INTRODUCTION.....	1
SMI Success!.....	1
This manual includes:.....	1
What is SMI?.....	2
Improving School Meals Involves a Roadmap.....	2
Working Toward Specific Nutrition Goals: Going Beyond Meal Patterns.....	3
SMI Is Important: Showing the Way.....	4
Schools Can Make a Difference.....	5
CHAPTER 1 CHOOSING A MENU PLANNING APPROACH.....	7
A Comparison of the Various Menu Planning Approaches.....	7
Meeting the Nutrient Standards and the Dietary Guidelines.....	7
Food-Based Approaches.....	8
The Traditional Food-Based Menu Planning Approach.....	8
The Enhanced Food-Based Menu Planning Approach.....	8
The Nutrient Standard Menu Planning Approach.....	9
The Assisted Nutrient Standard Menu Planning Approach.....	9
CHAPTER 2 USING FOOD-BASED MENU PLANNING APPROACHES.....	14
Advantages and Disadvantages to Implementing Food-Based Menu Planning Approaches.....	15
How the Two Food-Based Menu Planning Approaches Differ.....	15
Available Lunch Modifications to Food-Based Menu Planning.....	16
How to Structure Your Food-Based Menus.....	19
Selecting the Right Age/Grade Grouping for Your Food-Based Menus.....	19
What Does it Take to Implement a Food-Based Menu Planning Approach? - A Self-Evaluation Review.....	22
CHAPTER 3 USING A NUTRIENT-BASED MENU PLANNING APPROACH.....	26
Importance of the Meal Structure.....	26
Nutrient Analysis.....	26
Advantages and Disadvantages to Implementing NSMP/ANSMP.....	28
Understanding the Fundamentals of NSMP/ANSMP.....	30
Meal Service and Offer Versus Serve (OVS).....	34
Planned Portion And Combination Of Menu Items In Ovs.....	37
Food or Theme Bars (Self-Serve).....	40
Importance of Standardized Recipes and Food Preparation Techniques.....	43

CHAPTER 4 DAILY PRACTICES FOR MEETING SMI NUTRITION GOALS FOR ALL MENU PLANNING APPROACHES	49
Menu Planning for Healthy School Meals	49
Menu-Planning Practices for Healthy School Meals	51
Purchasing Practices for Healthy School Meals	53
Food Preparation Practices for Healthy School Meals.....	55
Ensure That Standardized Recipes Are Used	57
Meal Service Practices for Healthy School Meals.....	58
Portion Control for Healthy School Meals	59
A La Carte Sales That Promote Healthy Choices.....	60
Using Practice-Based Strategies to Meet Nutrition Standards.....	63
Commitment and Training	64
CHAPTER 5 TEAM NUTRITION	65
About Team Nutrition	65
How Does Team Nutrition Work?.....	65
Communication Channels	66
What Resources Does Team Nutrition Provide?	67
Join the Team!.....	67
CHAPTER 6 PREPARING FOR AN SMI REVIEW	69
How Does the SMI Review Compare to a CRE Review?	69
Preparing for the Review – What You Will Need.....	70
Nutrient-Based Menu Planning Approaches (NSMP and ANSMP).....	74
After the SMI Review	74

SMI RESOURCES

APPENDICES